Flexible Sigmoidoscopy

Background Information

The procedure is performed with a light, flexible tube that is inserted into the rectum. It is used to examine the rectum and the lower part of the colon. The procedure can be performed with or without sedation.

Instructions

- **Preparation:**
  - Take a clear liquid diet for 8 hours before the procedure.
  - Take any prescribed medications regularly as directed by your healthcare provider.
  - Avoid eating or drinking anything after midnight the night before the procedure.
- **Procedure:**
  - The procedure is usually performed with sedation to make you more relaxed.
  - You will be given intravenous medications to help you feel relaxed during the procedure.
  - The procedure usually takes about 10-15 minutes.
- **Aftercare:**
  - You will be monitored for about 1 hour after the procedure.
  - You may experience some cramping or bloating after the procedure.
  - You may need to drink fluids to stay hydrated.

Follow-up Procedures:

- **Blood testing:** Blood samples will be taken before and after the procedure to check for any abnormalities.
- **Colonoscopy:** If the flexible sigmoidoscopy does not reach the full length of the colon, a colonoscopy may be recommended.

Your doctor will explain the results of the procedure and any necessary follow-up tests or procedures.

You may experience some cramping or bloating after the procedure. These symptoms usually subside within a few hours. You may resume your normal activities as tolerated.

If you have any concerns or questions about the procedure, please contact your healthcare provider.

Thank you for choosing our facility for your flexible sigmoidoscopy. We are dedicated to providing you with the highest quality care.

Information and Consent

Medical Division of Gastroenterology

June 2017

[Signature]

[Name]

Registered Respiratory Therapist
Informing Consent

Complications

Cases of death have been reported, but this is extremely rare. Heart attack or stroke, as for any other medical intervention, can occur in predisposed patients, including those with a history of heart disease. Other complications may include bleeding, infection, cauterization, or ulceration. I agree to undergo the flexible sigmoidoscopy, with or without polypectomy, and understand the consent of this contain form.

Medical Consent

Physician

Receiving

Signature

Date

Whereas

Informed Consent

I have read and understand the consent of this contain form.